



YOUR STEP-BY-STEP GUIDE TO GO FROM SURVIVING
THE STORM TO THRIVING AS A FAMILY

STAGE 1 SURVIVING THE STORM

Your Role: Determined Survivor

Challenge: Get Everyone to Safety

Plan Needed: Ride-the-Storm Plan

Goal of this stage: Everyone is safe physically, mentally and emotionally

You can get through challenges with minimal damage

STAGE 2 YOUR ENERGY RESERVES

Your Role: Brave Parent

Challenge: Having Energy to Face Another Battle

Plan Needed: The Five-Minute Energy Plan

Goal of this stage: Reduce feelings of overwhelm and have enough energy to shift your mindset in difficult situations

STAGE 3 THE CALM AT THE CENTER OF THE STORM

Your Role: Chaos Wrangler

Challenge: Defuse the Chaos without Adding Fuel to the Fire

Plan Needed: In-the-Moment Plan

Goal of this stage: Defuse situations quickly and without adding to the chaos, deepen your connection and rebuild relationships

STAGE 4 NO MORE STORM CHASING

Your Role: Problem-Solving Partner

Challenge: Stop the Whac-A-Mole Parenting Approach

Plan Needed: Ahead-of-the-Moment Plan

Goal of this stage: Become your child's guide, get ahead of meltdowns, outbursts and fights

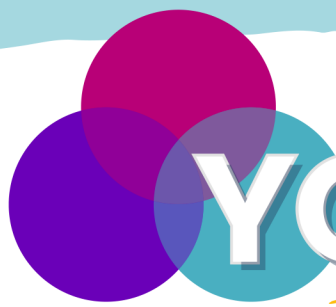
STAGE 5 BUILDING A STORM-PROOF INFRASTRUCTURE

Your Role: Team Builder

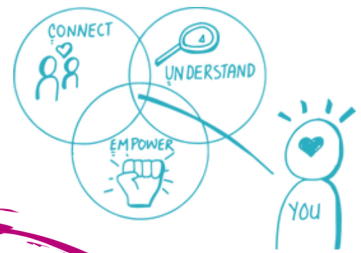
Challenge: Minimize Future Chaos

Plan Needed: Family Success Plan

Goal of this stage: Prepare your family for life-long change, strengthen relationships and regularly solve problems as a team.



YOU CUE at a glance



YOU

Who are YOU?

A grounded safe place for your kids

What can YOU do?

Shift your perspective and try to see things in new ways

Set your Intention

Anchor yourself in the moment

CONNECT

What does it mean to CONNECT?

To accept your child for who they are

How can you CONNECT to your child?

Celebrate! Be on the lookout for wins and see them where they are, for who they are

Collaborate to problem solve

Communicate, create moments of safety, turn to them when they speak and listen with an open mind

UNDERSTAND

What does it mean to UNDERSTAND?

Being in-tune with your child on a deep level

How can you UNDERSTAND your child?

Ask Questions, look under the surface

Look back through the day and unravel what led up to the behavior

Get organized, look for clues and find patterns

EMPOWER

What does it mean to EMPOWER?

Becoming a coach and mentor to guide your child to self-acceptance, compassion and resilience

How can you EMPOWER your child?

Solve problems together, truly listen to them and consider their opinions

Design the plans together

Boost them and teach them to problem solve

HOW TO APPLY YOU CUE

EXAMPLE SITUATION:

Kid refuses to get off electronics

YOU: Take a deep breath and swap from 'he never listens' to 'he needs my help'

CONNECT: Move closer and sit beside him

UNDERSTAND: Assess why he is struggling to get off electronics

EMPOWER: Work together to problem solve a plan for getting off electronics



Roadmap Quiz

WHERE ARE YOU?

1

Is each member of your family safe (physically, emotionally, and psychologically) and the adults seen as the calm, safe place?

Yes / No

If yes, move on to question two

If no, you're in Stage One: Surviving the Storm

2

Are you able to take time for yourself each day to take care of your own needs and desires?

Yes / No

If yes, move on to question three

If no, you're in Stage Two: Your Energy Reserves

3

Do you know what to say and do to calm your child's outbursts in the heat of the moment without making things worse?

Yes / No

If yes, move on to question four

If no, you're in Stage Three: The Calm at the Center of the Storm

4

Can you recognize, understand, and prevent challenging behaviors before they happen? Are you able to avoid challenges before they begin?

Yes / No

If yes, move on to question five

If no, you're in Stage Four: No More Storm Chasing

5

Does your family have routines, systems, and plans in place that allow each family member's needs to be met?

Yes / No

If yes, congratulations, you've created an empowered family

If no, you're in Stage Five: Building a Storm-Proof Infrastructure

I'VE GOT THIS.

IT DOESN'T HAVE TO LOOK THE WAY I EXPECT.

I CAN DO HARD THINGS.

MY SUCCESS RATE FOR GETTING THROUGH HARD TIMES IS 100%

THEY AREN'T DOING THIS TO ME.

I AM NOT ALONE.

I'M NOT A PERFECT PARENT, BUT I'M EXACTLY THE ONE MY CHILD NEEDS.

TODAY AND EVERYDAY, I AM ENOUGH.

I SET THE TONE.

BABY STEPS WILL TAKE ME TO WHERE I WANT TO GO.

THEY NEED ME HERE NOW.

ONE BAD DAY DOESN'T MAKE ME A BAD PARENT, IT MAKES ME HUMAN.

I HAVE WHAT I NEED TO GET THROUGH THIS.

TODAY IS JUST ONE DAY.

TOGETHER WE CAN FIND AN OUT OF THE BOX SOLUTION.

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THOUGHT MONSTERS ^{vs} SUPER SWAPS

WHAT IS A THOUGHT MONSTER?

Disempowering thoughts that rob you of empathy, patience, and joy.

WHAT IS A SUPER SWAP?

Empowering versions of thoughts that allow you to shift from frustration, resentment, and negative emotions to empathy, compassion, and hope.



NEGATIVE NELLY

Looks for the worst-case scenario.
Thoughts: "My child can't, won't, doesn't."
Feelings: Sadness, resentment, anger, fear

VS



NOT-YET YETI

Highlighting how far you've come.
Thought: "They can't do this . . . yet."
Feelings: Empathy, connection, hope



THE GAP BANDIT

Only sees how far you are from your goal.
Thoughts: "I've got so far to go."
Feelings: Failure, defeat, disappointment

VS



PROGRESS PRINCESS

Focus on what is going well; small progress.
Thought: "I'm still learning."
Feelings: Joy, confidence, hope



ALWAYS AND NEVER BEAST

Thinking in absolutes.
Thoughts: "My child always does this."
Feelings: Resentment, anger, despair

VS



FACT FINDER FREDDY

Finding proof of what is working.
Thought: "Sometimes," "When this happens"
Feelings: Hope, calm, patience, curiosity



DO-BE-DO

Tries to get everything done perfectly.
Thoughts: "It's all too much."
Feelings: Overwhelm, doubt, shame

VS



MR INCHIE

Takes it one step at a time.
Thoughts: "Look at how far I have come."
Feelings: Empowered, capable, progressing



CYCLONE

Everything is out of control and spiraling.
Thoughts: "I can't take it anymore!"
Feelings: Overwhelmed, frantic, anxious

VS



DJ BREAKDOWN

Breaking ideas into smaller chunks.
Thought: "I can take it one step at a time."
Feelings: Empathy, self-compassion

calm
the
CHAOS



THE SURFACE SCOUNDREL

Sees behavior as bad or manipulative.
Thoughts: "Why is she giving me such a hard time?"
Feelings: Frustration, anger, hurt, resentment



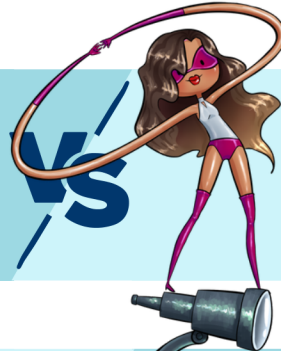
DIVIN' DANA

Focuses on what's under the surface.
Thoughts: "I wonder why...?"
Feelings: Attentive, curious, interested



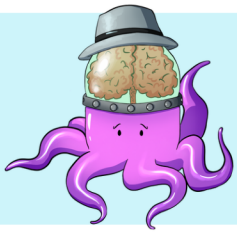
PJ COMFY PANTS

Stays safe in his comfort zone.
Thoughts: "I don't know how that will go."
Feelings: Scared, nervous, worried



ELASTICA

Open minded when looking for solutions.
Thoughts: "Let's try this and see."
Feelings: Curious, hopeful, flexible, brave



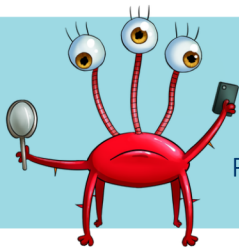
SIR THINKS-A-LOT

Overthinks everything.
Thoughts: "But what if..."
Feelings: Anxiety, worry, fear, overwhelm



PERSPECTIVE PETE

Zooms out and looks at the bigger picture.
Thoughts: "What's most important right now?"
Feelings: In control, confident, strategic



SHOULD A WOULD A COULD A

Always second-guessing your decisions
Thoughts: "I should be able to . . ."
Feelings: Regret, self-doubt, shame, jealousy



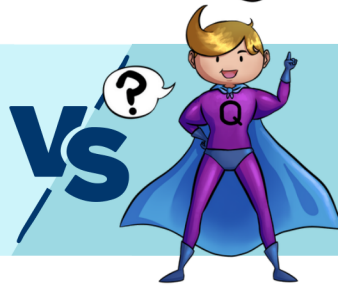
THE SPARKLER

Shines a light on what you do well.
Thoughts: "I'm the best Mom for my kids."
Feelings: Centered, proud, brave



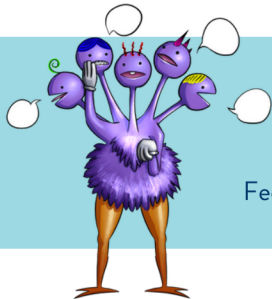
DR YEAH YEAH

Has seen and tried it all.
Thoughts: "I already know this won't work."
Feelings: Frustrated, bored, irritated



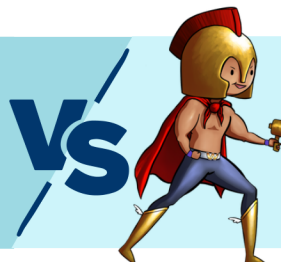
SUPER Q

Constantly curious asking "But why?".
Thoughts: "I wonder why that happened?"
Feelings: Curious, attentive, inquisitive



JUDGY MCJUDGERSON

Fears what onlookers might think.
Thought: "What will they think?"
Feelings: Shame, embarrassment, guilt



WAH WAH WARRIOR

Other people's opinions are not about you.
Thought: "This isn't about me."
Feelings: Empowered, hopeful, proud



FRAUDULENT FRANK

Tells you untrue and discouraging things.
Thought: "Things aren't really getting better."
Feelings: Unworthiness, pessimistic, shame



REALITY RANGER

Sees you and your situation for what they really are.
Thoughts: "I can do this. I am enough."
Feelings: Empowered, strong, optimistic, loves self

Simple Self Care Practices

WHEN YOU DON'T HAVE TIME



**EAT GOOD
FOOD**



DOODLE



**PRACTICE
DEEP
BREATHING**



**CHANGE
NEGATIVE
SELF TALK**



**STEP
OUTSIDE**



**LISTEN TO
MUSIC /
PODCASTS**



**TAKE MEDS
AND
SUPPLEMENTS**



GIVE HUGS



**DRINK
WATER**



**ENJOY
SNUGGLE
TIME**



**HAVE A
SHOWER**



**DRINK A
WARM CUP
OF COFFEE /
TEA**



**CONNECT
WITH
FRIENDS**



**GET
ENOUGH
SLEEP**



JOURNAL



**GET
ANNUAL
CHECKUPS**



**MAKE
FAMILY
TRADITIONS**



**MOVE YOUR
BODY**



**PRACTICE
MINDFULNESS**



BRAINDUMP

5 DOMINANT BEHAVIOR TYPES *Struggles* TO SUPERPOWERS

FIERCE



Struggles:

- Yells and screams
- Throws things
- Shuts down
- Says hurtful things

Superpowers:

- Passionate about life
- Stands up for beliefs
- Big emotions
- Strong and powerful

Who in your family is FIERCE?

UNIQUE



Struggles:

- Cries over small things
- Fights socks and shoes
- Doesn't like being alone
- Scared of new people

Superpowers:

- Thrives on a plan
- Attention to detail
- Empathetic
- Wants to please others

Who in your family is UNIQUE?

SPIRITED



Struggles:

- Refuses to do what's asked
- Always answers with a no
- Ignores requests
- Repeatedly breaks rules

Superpowers:

- Confident with decisions
- Strong leadership skills
- Social justice warrior
- Thrives on free choice

Who in your family is SPIRITED?

CREATIVE



Struggles:

- Disorganization
- Procrastination
- Lack of motivation
- Loses belongings frequently

Superpowers:

- Imaginative
- Free thinker
- Thinks outside of the box
- Fun and playful
- Tons of ideas

Who in your family is CREATIVE?

ADVENTUROUS



Struggles:

- Hyper around guests
- Says inappropriate things / jokes
- Jumps on furniture
- Plays rough with others

Superpowers:

- Able to take risks
- Dances to the beat of their own drum
- Full of life and energy
- Explores the world they live in
- Inquisitive

Who in your family is ADVENTUROUS?

Connection Scripts

BASIC GUIDELINES:

1. Use minimal words, removing emotion or judgment.
2. Mirror what you can actually see (as if looking through a camera lens).
3. Don't use absolutes like "always", "never", "ever", "worst", or "useless".
4. Use "I" statements for sentence starters like - "I see..." "I notice..." "I hear..." "I wonder..."

COMMUNICATING SAFETY



"I'm here."
"You are safe."
"I know it's hard right now."
"I see you're having a hard time."
"I'm here if you need a hug."

VALIDATING FEELINGS

"I see that you are upset."
"I hear that you are yelling."
"I notice you are crying."
"It sounds like you are frustrated with that game."
"I know it feels like that now. You're upset."



CHALLENGING BEHAVIOR

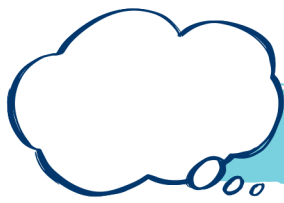


"I see you need to hit something."
"Hey buddy, I noticed yesterday when happened, you ran away."
"It looks like you've forgotten to tidy your room."
"I hear you saying you don't want to go."
"I wonder why you haven't (thing you asked them to do)?"

OTHER

"It looks like you have had a hard day."
"School is hard work. I know. What do you need to feel better?"
"You're good at remembering things. Could you be in charge of remembering bin day?"



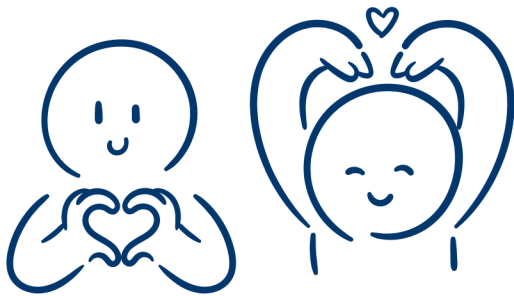


Connection Ideas

CONNECTION CAN BE THINGS YOU DO AND THINGS YOU STOP DOING, CAN TAKE ANYTHING FROM A SECOND TO AN HOUR. WHATEVER IT IS, WE HAVE CONNECTION IDEAS FOR YOU:

PLANNED CONNECTION

- Movie nights
- Walks or hikes
- Dance parties
- Game nights
- Day trips or vacations



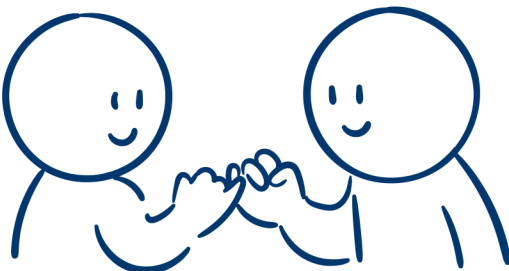
IN-BETWEEN CONNECTION

- Smile at them
- Soften your voice
- Sit beside them
- Show an interest in their likes
- Validate big emotions



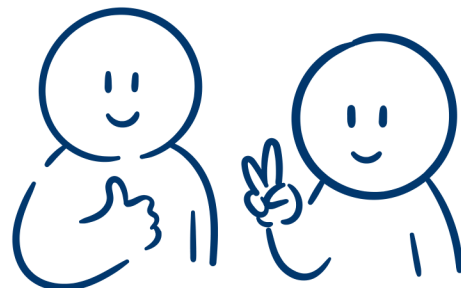
STRENGTHEN CONNECTION

- Stop nagging and criticizing
- Pay attention to tone and body language
- Have a laugh together
- Ask open ended questions
- Celebrate the small stuff



CONNECTION ON A DAILY BASIS

- Text them (even when home)
- Put down your phone when they come in
- Help them with a chore
- Follow a routine with them
- Include them in meal planning



The Iceberg Theory

ALL BEHAVIOR IS COMMUNICATION

WHAT YOU SEE:

HITTING
KICKING
SCREAMING
PUSHING
REFUSAL
ATTITUDE
HYPERACTIVITY
CRYING
AVOIDANCE
STEALING

WHAT'S UNDER THE SURFACE?

NEEDS CONNECTION
OVERSTIMULATED
DYSREGULATED
SENSORY NEEDS
BIG EMOTIONS
LACKS SKILLS
HUNGRY
THIRSTY
TIRED



The Behavior Funnel

What is the Behavior Funnel?

A tool to help you sift through what might be happening under the surface during an outburst, tantrum, or meltdown. Use the Behavior Funnel both in and out of the moment to help you get a better understanding of why your child is doing what they're doing. Start at the top and work your way down.

FOOD, WATER, REST,
WARMTH, SHELTER,
AND SENSE OF SAFETY

BASIC NEEDS

SENSE OF BELONGING;
ACCEPTANCE TO A GROUP OR
INDIVIDUAL; POSITIVE SOCIAL
CONNECTIONS WITH OTHERS

CONNECTION

SENSORY NEEDS EITHER NOT BEING MET
OR OVERWHELMED; THE WAY YOUR BODY
INTERACTS AND INTERPRETS THE WORLD
AROUND YOU

SENSORY

SOCIAL, EMOTIONAL, AND COGNITIVE ABILITIES
THAT HELP AN INDIVIDUAL BE SUCCESSFUL AND
MEET THE EXPECTATIONS PLACED UPON THEM

SKILLS

INNATE AND STRONG PREFERENCES THAT
DRIVE BEHAVIOR SUCH AS INTERESTS, PASSIONS,
HOBBIES, OR LIKES

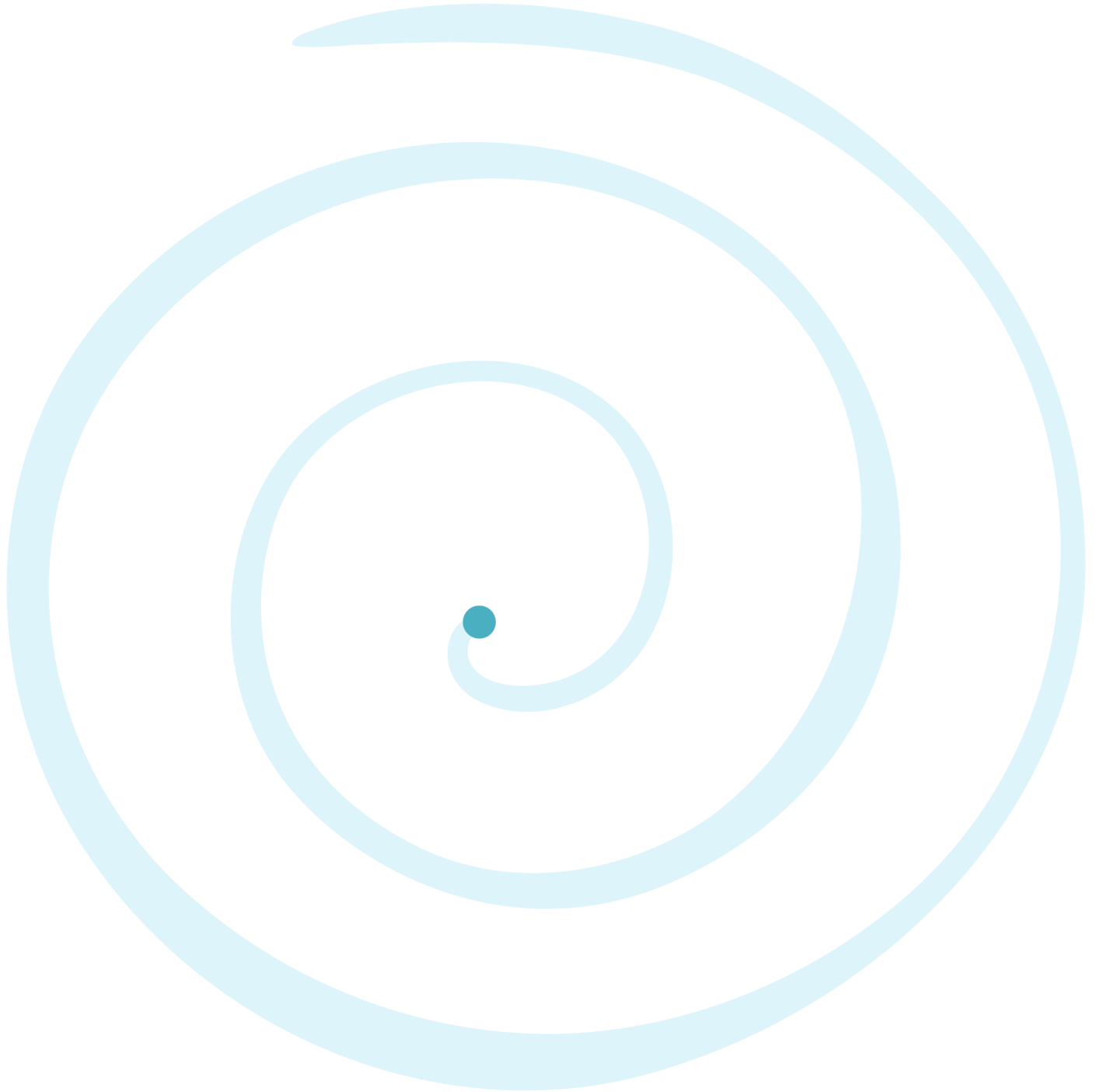
DESIRE

EXTREME DISLIKE OR DISINTEREST IN A TOPIC OR ITEM

AVOID

The Behavior Spiral

Write the behavior at the epicenter. Map out the incidents you can remember along the spiral's path. Be as specific as possible. Who else was involved? What actions or statements might have influenced the negative reaction?



THE TIPPING POINT

Carefully examine the behavior spiral. Zoom out to see where things started to go off track. Where on the spiral did you reach the point of no return? Where on the spiral could intervening have helped?

Ride the Storm Plan

WHEN TO USE THIS PLAN

Fill out this plan ahead of time so you can use it the second you feel the storm blowing in

STOP. BREATHE. ANCHOR.

What is your anchor and how will you practice it?

CREATE MOMENTS OF SAFETY

Do a body scan.
What can you shift to create safety?

What is your one small phrase
to bring safety in the moment?

GET CURIOUS SHIFTS

Think about the iceberg.
How will you look under the surface?

Remember, this isn't about you.
What are your get curious shifts?

CELEBRATE THE SMALL STUFF

How do you celebrate small wins? Can you find one win a day?

5 Minute Energy Plan

WHEN TO USE THIS PLAN

Use this plan when you need more energy to make it through the storm

SHIFT & PRIORITIZE

How will you shift your energy? If you could only get one thing done, what would it be?

OPERATION WARM HUG

How can you connect in under a minute?

- 1.
- 2.
- 3.

BOOSTS & DRAINS

What can you do that boosts your energy?

What can you remove that drains you?

ACTIVATE

What is your daily activation habit? When and where can you do this?

In the Moment Plan

WHEN TO USE THIS PLAN

Use this plan in the middle of the storm to help calm your child and provide a safe place

THOUGHT MONSTERS

Write some common thought swaps that might help you in the moment. Which Super Swaps can you count on?

CLOSER & LOWER

Do a body scan.

Stop. Breathe. Anchor.
Write your anchor here.

Get closer by walking near them.

Get lower by crouching or squatting.

Your number one goal with this step is to disarm
the other person with minimal damage.

BEHAVIOR FUNNEL

Go down the Behavior Funnel and check for
what is happening beneath the surface.

- | | |
|--------------------------------------|-------------------------------------|
| ☐ Basic Needs | ☐ Connection |
| ☐ Sensory | ☐ Skills |
| ☐ Desire | ☐ Avoidance |

What did you find?

1:1:1

Write your 1:1:1 plan here.

IN THE MOMENT I WILL

SAY

DO

PROVIDE

NO MORE STORM CHASING

Ahead of the Moment Plan

WHEN TO USE THIS PLAN

Use this plan before it's needed to provide strategies and make progress with your goals.

YOUR BIGGEST CHAOS CAUSER

What is your current biggest chaos causer and how are you tracking it daily?

5:1 MAGIC RESET BUTTON

List three planned moment interactions.

List three in-between moment interactions.

THE BEHAVIOR SPIRAL

Are you able to unravel behaviors
and find the tipping point?

List two of your snap triggers.

List two of your lava triggers.

HUDDLE

Can you huddle with your family? What was your last huddle about?

Family Success Plan

WHEN TO USE THIS PLAN

Use this plan to reference when you need help with a family struggle or to reach a family goal

STRUGGLES TO SUPERPOWERS

List each family member's greatest superpower.

FAMILY TEAM

What is your team name?

Do you have a team flag or roster?

What is your family connection plan?

UNIQUE PROFILES

Do you have a completed unique profile for each member of the family?

List them below.

FAMILY VALUES

Which value-based family system do you use? What have you agreed upon as a family?

ONE-A-DAY

HABIT TRACKER

THE HABIT I'M BUILDING:

NINJA TIP: Make an Oops Plan for when things don't go as planned.
If you miss a day (or two) don't worry, just do it today and put your star
in the next box

START HERE



Anchor

1

STOP

Pause before reacting or responding

2

BREATHE

Disarm your nervous system with deep breaths

3

ANCHOR

A thought, action, or object that grounds you



MY FOCUS RIGHT NOW

EXAMPLES OF ANCHORS

CHALLENGE	ANCHOR

Write down the situation related to your FOCUS and choose an anchor to try.

SITUATION

When this happens...

ANCHOR

I can think this...



My Anchor Plan

(Intention) WHAT ANCHOR WILL YOU PRACTICE?

(Activate) WHAT CAN YOU ATTACH THIS NEW HABIT TO?

WHEN WILL YOU PRACTICE?

WHERE WILL YOU PRACTICE?

HOW WILL YOU REMEMBER TO PRACTICE?

DESIGN YOUR VISUAL ANCHOR REMINDER BELOW:

NEXT STEPS

WAYS TO WORK WITH CALM THE CHAOS

THERE ARE MULTIPLE WAYS TO WORK WITH US.
EMAIL HELP@CALMTHECHAOSFRAMEWORK.COM TO LEARN MORE

01 1:1 COACHING

- Receive personalized, weekly 1:1 coaching with Dayna or Jason
- We help you use the CTC Framework for your biggest struggles.
- We'll create plans to eliminate challenging behaviors without bribes, punishments, consequences, or letting your child walk all over you.

02 CONQUER + THRIVE PROGRAM

- A year in a small group, high touch program where you are supported in creating a life by YOUR design.
- Rediscover Who You Are, Unlock Your Dreams, and Reclaim Your Voice (Even if You're Struggling to Balance Parenting and Life, Without Feeling Guilty)

03 CALM THE CHAOS TRANSFORMATIONAL 8 WEEK PROGRAM

- Spend 90-days receiving support, coaching and accountability to create your customized:
 - Survive the Storm Plan
 - 5-Minute Time & Energy Plan
 - In-The-Moment Plan
 - Ahead-of-The-Moment Plan
 - Family Success Plan

04 DIY HUDDLE MEMBERSHIP

- This is our grab-and-go membership where you get the proven scripts and plans to eliminate almost any challenging behavior starting tonight.
- You get ready-to-use scripts and plans customizable for your unique situation.

MORE RESOURCES

- 
- Facebook: facebook.com/calmthechaosparenting
 - YouTube: youtube.com/@calmthechaosparenting
 - Instagram: instagram.com/calmthechaosparenting

- Calm the Chaos Book:
calmthechaosbook.com
- Calm the Chaos Podcast:
calmthechaospodcast.com

